Organon Salutis.

AN INSTRUMENT to cleanse the Stomach,

As also divers new Experiments of the virtue of TOBACCO *and* COFFEE:

How much they conduce to preserve humane health.

By W. R. *of Gray's Inne, Esq.*

Experto credo.

LONDON,
Printed by *R. Hodgkinsonne*, for *D. Pakeman*, living at the *Rainbow* in *Fleetstreet*, neer the Inner Temple Gate, 1657.

To the right honourable,

HENRY, *Lord Marquess of* Dorchester, &c.

Apollo among the *Planets* so, I may say, your Lordship is among *Peers*. In the last Firmament of *Learning* you outshine them all: And under-

ſtanding that, among other ſcientificall Speculations, your Lordſhip hath been addicted to the ſtudy of *Phyſick* (wherein you have made ſuch an admired progreſſe that you have attained, not only the Theory, but the *practiſe* thereof) I am bold to dedicate this ſmall piece to your Lordſhip; wherein there are diuers *new phyſicall* experiments, for the *vniuerſall* health of mankinde. Therefore I preſume no diſcerning Reader will adjudge this addreſſe to be improper.

Moreouer, ther's another

Reaſon

Reason that induced me hereunto, which was, That I knew your Lordship to have been pleased to admit your self to *Gray's Inne*, and make it your *Museum*, or place of retirement, (which I hold to be one of the greatest honours that *Society* ever received) and being a *Member* thereof *my self*, I adventured to make this Dedication; For which nevertheless I crave your pardon, and rest,

My highly honoured Lord,

Your obedient, and most humble Servant,

Wm. Rumsey.

TO
My Worshipfull and much
Honored Friend, Sir Henry
Blount Knight.

SIR,

MY miseries (in matter of my health) made me in my old age (being now seventy two years old) to remember what I learned in my youth at School, in reading of Tullies Offices, (that is) after taking notice of my own body, to observe what did doe me good, or harm, before I should use the help of Physitians: this made me to collect what I have written in this Book, for mine own private use. Many of my friends urged me to leave the same to be

printed

printed for the benefit of others; which I was loath to doe, in respect it is a Novelty, not prescribed by others, until I understood by you, that it was well accepted in foreign parts, by persons of great quality and knowledge, which came by the same Relations of yours unto them. I lately understood that your discovery, in your excellent Book of Travels, hath brought the use of the Turkes Physick, of Cophie in great request in England, whereof I have made use, in another form than is used by boyling of it in Turkie, and being less loathsome and troublesome; wherefore I thought meet to send this Booke to you, and to refer it to your Judgement, whether it be fit to be published in print. If you let it to passe under your protection, I little care what others speak of it, and rest

Sir, your loving Friend and Servant,
Wm. Rumsey.

The Answer of Sir HENRY BLOUNT *Knight, to the preceding Letter of his worthy Friend Judge* RUMSEY.

SIR,

I Present you with many thanks for your excellent Physick Treatise, and for your favour in the direction of it to me; But for your printing of it, all mankinde is to give you thanks. For certainly all ages and Nations have ever held a gratefull memory of the inventors of any Devise or Engine,

to

to the publique advantage of humane life? For, as it is the goodnesse of God that gives us life; so, of all men, they are most subservient to that goodnesse, who help to make that life long and comfortable; amongst whom this your Whalebone Instrument will assuredly cause your name to stand. It hath already (though crept out by stealth) gained much credit abroad, in forrain Countreys; where I have known persons of eminent quality to hold it in great esteem. And besides the undenyed reputation (where rightly used) it gains, in the experience & practise thereof, it cannot in a rationall discourse, but have much preeminence above the usuall way of Physick. For doubtlesse mens diseases arise from the Stomach; whose impurities obstruct the passages of life, poysoning and fermenting the whole moisture

moisture of mans body, till it becomes like a House which having it Vaults and Sinks furred up and stopt, soon growes so full of putrifaction and stink as cannot be endured: In which case Physitians are like men who should advise to cast into such a house Mirrhe, Musk, Amber-greece, or other pretious stuffe, in hopes to amend the uncleannesse thereof: And to magnifie that course as rationall, they make learned discourses of the Drugges and the severall degrees of heat or cold, with their specifique vertues, which countenanced under strange names and Authors, prevail to be made tryall of. But at last, when the simple Master of the House (after much fruitless trouble and expence) finds no effect, but that the corruption and stench is grown more abhominable: Then come you with this

Engine,

Engine, like some discreet Person, who with a Broom and a little water, without charge, in half an hours time, makes a cleaner House, than the others, with all their parade, cost, and trouble could ever doe: But as for the two remarkable Simples, which you most imploy; that is Tobacco and Cophie, a man may guess at their rare efficacie, who observes how universally they take with mankinde, and yet have not the advantage of any pleasing taste wherewith to tempt and debauch our Palat, as Wine and other such pernicious things have; for at the first Tobacco is most horrid, and Cophie insipid, yet doe they both so generall prevail, that Bread it self is not of so universall use. The Tartars and Arabs, two great Nations, have little or no use of Bread, yet they,

the

the Turks, Perſians, and moſt of the eaſtern World, have hourly uſe of Tobacco and Cophie, but eſpecially of Cophie: For, beſides the innumerable ſtore of Cophie houſes, there is not a private fire without it all day long: They all acknowledge how it freeth them from crudities, cauſed by ill dyet, or moiſt lodging; inſomuch as they, uſing Cophie morning and evening, have no Conſumptions, which ever come of moiſture, no Lethargies in aged people, or Rickets in Children, and but few qualmes in women with child; but eſpecially they hold it of ſingular prevention againſt Stone and Gout. When a Turk is ſick, he faſts and takes Cophie, and if that will not doe, he makes his will, and thinks of no other Phyſick. And as for your way of taking both Cophie

and

and Tobacco, the rarity of the invention consists in leaving the old way: For the water of the one, and the smoke of the other may be of inconvenience to many; but your way in both takes in the virtue of the Simples, without any additionall mischief. And as for Tobacco, not in smoke, but swallowed down, there is not observed a more sure or sudden remedy for a Cough or the Stone, amongst all that men have found out. And whereas most medicinall Books are usually but bare transcriptions from former Writers, and so nothing but hear-say upon hear-say, with monstrous addition of untruth upon untruth, till upon tryall not one receipt in an hundred makes good what it promiseth. Yours is all of your own constant experience on your self and others; which in your

your personall recovery, and healthfull old age, gives a fair pledge to all who please to follow so considerable an Example. Thus, Sir, with my best thanks I present you the love and Service of him who is

Your affectionate Friend and Servant,

HENRY BLOUNT.

To

To his highly esteemed Friend and Compatriot Judge *Ramsey*, upon his *Provang*, or rare pectorall Instrument, and his rare experiments of Cophie, and Tobacco.

SIR,

SINCE I knew the World, I have known divers sorts of Instruments: *The first that I was acquainted withall, was* Aristotles Organon, *or Instrument at* Oxford: *Another was the great happy In-*

strument

strument at Munster: *The third was the* Instrument *which was made after the dissolution of the late* long Parliament; *That in* Oxford *was* Instrumentum Logicæ, *The Instrument of Logick*; *That in* Munster *was* Instrumentum Pacis, *The Instrument of Peace*; *The last was* Instrumentum Politicum, *the Instrument of Policy. Now your Instrument is most properly called* The Instrument of Health, *and may take place among the rest. Without controversie it was an Invention very happily lighted upon, and obligeth all mankinde to give you thanks: For he who findes out any thing conducing to humane*

health,

health, is the best Cosmopolite, the best among the Citizens of the World; health being the most precious jewel of Nature, without which we cannot well discharge our duties to God or man. But indeed there's no perfection of health in this life, where wee converse with the Elements; the best is a valetudinary kinde of disposition; and this proceeds from the perpetuall conflict of the humors within us for predomination, which were they equally ballanced, and in peace, Methuselah's *yeers would be but a short life among us. Now this Combate, and malignity of the humors ariseth from the Stomach; which, like a boyling*

pot on the fire, is still boyling within us, and hath much froth; whence, if the concoction be not very good, there are ill-savoured fumes, and fuliginous evaporations that ascend into the head; where being distill'd, they descend in Catarrhes and defluxions sometimes upon the Optiques, and that may be called the Gout in the Eyes; if they fall upon the Teeth, it may be call'd the Gout in the Mouth; If into the Hands, 'tis Chiragra; if in the Hip, Sciatica; if in the Knees, Gonagra; if in the Feet, Podagra. Now Sir, Your Instrument serves to take away the grounds of these distempers, by rummaging and scouring the Stomach,

Stomach, and make it expectorate that froth, or phlegmy ſtuffe which lodgeth there, and that in a more gentle manner than any Drugge. 'Tis true that Rhubarbe is good againſt Choler, Agarick againſt Phlegme, and Hellebore againſt Melancholy; but they uſe to ſtirre the humors ſo violently by their nauſeouſneſſe, that their operation is a ſickneſſe of it ſelf all the while. Your Inſtrument cauſeth no ſuch thing, nor leaves any lurking dreggs behinde, as Drugges uſe to doe.

Touching Coffee, I concurre with them in opinion, who hold it to be that black broth which was us'd of old in Lacede-

mon, *whereof the Poets sing*; *Surely it must needs be salutiferous, because so many sagacious, and the wittiest sort of Nations use it so much; as they who have conversed with* Shashes *and* Turbants *doe well know. But besides the exsiccant quality it hath to dry up the crudities of the Stomach, as also to comfort the Brain, to fortifie the sight with its steem, and prevent Dropsies, Gouts, the Scurvie, together with the Spleen, and Hypocondriacall windes (all which it doth without any violence or distemper at all) I say, besides all these qualities, 'tis found already, that this* Coffee *drink hath caused a greater sobriety among the Nations:*

tions: For whereas formerly Apprentices and Clerks with others, used to take their mornings draught in Ale, Beer, or Wine, which by the dizzineſs they cauſe in the Brain, make many unfit for buſineſſe, they uſe now to play the Good-fellows in this wakefull and civill drink: Therefore that worthy Gentleman, Mr. Mudiford, who introduced the practiſe hereof firſt to London, deſerves much reſpect of the whole Nation.

Concerning Tobacco, which the Spaniards call la Yerva ſanta, the holy herb; in regard of the ſundry virtues it hath: without doubt 'tis alſo a wholſom vegetal, if rightly applyed, and ſeaſonably

taken, It helps concoction, makes one void Rhume, break winde, and keeps the body open: A leaf or two steeped in white Wine, or Beer over night, is a Vomit that never fayles; It is a good Companion to sedentary men, and Students when they are stupified by long reading or writing, by dissipating those vapours which use to o're-cloud the Brain: The smoak of it is passing good against all contagious aires; In so much that if one takes two or three puffs in the morning, before he goes abroad there's no infectious air can fasten upon him; for it keeps out all other sents, according to the Axiome, Intus existens prohibet alienum.

But

But Sir, I finde that you have made other experiments of these two simples, which though not so gustfull, conduce much to humane health: And touching your Provang, *or Whale-bone Instrument, let me tell you, that it hath purchased much repute abroad among Forreiners; In so much that some, in imitation of yours, have found a way to make such an Instrument of ductible Gold, and you know what a cordiall Gold is. I have been told of another kinde of new Instrument, that will conveniently reach from the mouth, to let in the smoke of* Tobacco *at the fundament, and it hath done much good. Certainly there are*

in Natures Cabinet, many boxes yet undiscovered; there are divers Mysteries and Magnalia's yet unknown; there be sundry effects which she would produce, but she wants the hand of Art *to co-operate, and help her, as it were by the way of Midwifery: the World must needs confesse that you have done her a great good Office herein.*

So, with my hearty kinde respects unto you, wishing that some happy occasion were offered, whereby I might be Instrumentall *unto you, I rest,*

Worthy Sir,
Your most affectionate
Friend and Compatriot,
JAMES HOWELL.

CHAP.

Chap. I.

The miserable Case of Mankinde.

I. WE cannot live without our daily food; And from that food there ariseth not only our nourishment, but also severall superfluous matters following, which are the principall Causes of all diseases which cannot be absolutely helped, although much mitigated by any temperate dyet.

II. In the Stomach undigested meat, Flegme, and evill humors from whence proceed Choler and Melancholy, &c. and by consequence the Stone, Gout, and many other Infirmities.

III. Also in the Stomach, Winde; from whence cometh the Wind-Cholick, and vapours, which disturb the Head, and breed Headaches, &c.

IV. In the Guts, Stoppages of wind, and of digested Excrements; which disturb the whole bodie.

V. In the Uritory passages, Stoppages of wind, and all moist things wherewith we nourish nature; which breeds the Stone and Stranguries, &c.

VI. In the Veins and other parts of the body are corrupt humors, which nature draweth, with the Quintessence of our food, for maintenance of the severall parts of the body; from whence commeth the Gout, and Infirmities in the Eyes, and other parts of the body; which when strength of Nature cannot expell outwardly, then the same returns upon the inward noble parts, to destroy man.

VII. Excessiveness of Heat and Cold in severall parts of the body; which breeds Agues and Feavers: so that a man cannot easily help the one, without offending the other.

VIII. When nature, by reason of Age,

Age, or ſome other accident, falleth to expell theſe evills, although Phyſick may do much to take away the enemies of Nature, yet the ſame alſo taketh away the vitall Spirits, to the deſtruction of Man; ſo that means muſt be found, otherwiſe to doe the ſame.

That in the ſpeaking of my opinion to all theſe points, I follow the Method of my profeſſion in the Law, to open and argue my conceit in every part of the Caſe, and cite Experiences like Judgements thereupon, and leave others to argue the contrary at their pleaſure, without any reply, and leave the ſucceſſe to juſtifie the truth of what I publiſh. Note.

Chap. II.

Materialls to be used as Remedies for severall occasions following.

1.

A Whalebone Instrument, wch may be made from two foot in length or more, to a yard long, after this form, to be used for all Ages, according to the stature of their bodies. It may be made after the form of a long Feather out of a Goose wing, with a small Button of fine Linnen, or Silk, to the bigneſſe of a Cherry-stone, fastened at the one end, which goeth into the body, and with a string fastened at the other end, that a man may use it, and draw it out at pleasure. These are commonly

monly sold in *London*, and especially at the long Shops in *Westminster-Hall*. If it be kept in water, it will be as gentle as may be desired. It must be stirred gently, and alwayes used after some meat and drink, as any man liketh best, and findeth occasion for a Vomit.

2. *Electuary of Cophy.*

TAke equall quantity of Butter and Sallet-oyle, melt them well together, but not boyle them: Then stirre them well that they may incorporate together: Then melt therewith three times as much Hony, and stirre it well together: Then add thereunto Powder of Turkish Cophie, to make it a thick Electuary.

3. *Infusion of Tobacco.*

TAke a quarter of a pound of Tobacco, and a quart of Ale, White-wine, or Sider, and three or four spoonfulls of Hony, and two pennyworth of Mace; And infuse these by a soft fire, in a close earthen pot, to the consump-

tion of almoſt the one half: Then ſtrain it, and keep it in a cloſe bottle. If it be kept long, then once every week ſet it be warmed by the fire, to keep it from vinowing.

4. *Cordials.*

BAke a pot of Apples or Pears pared and cored, with houſhould Bread: Then lay a thin laying of Hony in the bottome of an earthen pot: Lay thereupon a laying of the baked Apples, one inch thick: Lay thereupon a thin laying of the powder of Enulacampane roots, and a little pounded Nutmeg, and Ginger: Lay thereupon ſeverall layings of Hony, baked Apples, and powders, as before, to fill the pot. Cover the ſame with paſte, and bake the ſame with houſhold Bread: Quinces, Orenges and Lemmon pills may be added thereunto, to bake. When the ſame is ſo baked, if you mingle therewith Roſewater, and Sugar pounded, altogether, it will be more pleaſant.

5. *Ointments.*

INfuſe in a cloſe earthen pot by a ſoft fire, or boyl in a Skillet, a quarter of a pound of Tobacco in a pinte of Sallet-oyle or freſh Butter, without Salt, untill the Tobacco grow ſo brittle, that it may be bruiſed with the finger: Then ſtrain it; then add thereunto pounded Nutmeg and Cloves, before it be fully infuſed, to make it ſweet: Then ſtrain this and keep it for your uſe. Note, That if it be afterwards melted with Burgundie-pitch or Frankincenſe, it may be made thicker at pleaſure.

6. *Suppoſiters.*

TAke equall quantity of Frankincenſe and Roſin; melt them well together; then add thereunto as much of the ſaid Ointment, as ſhall leave it to be of a ſufficient conſiſtence to be a Suppoſiter, which will quickly be ſeen by laying it in cold water, and making it into Rolls: If it be too ſoft, melt it

again with more Frankincenſe and Roſin, and ſo it may be made ſofter, with adding more of the ſaid Oyntment. Roſin only thus uſed will ſerve the turn.

7. *Plaiſters.*

MElt the ſaid Suppoſiters made of Roſin and Frankincenſe, with like equall quantities of Burgundie or Stone Pitch and Wax, which may then be caſt into cold water: Then work them in your hands, and make them up into Rolls, and uſe it at your pleaſure. You may make them ſofter or harder, as before.

8. *Aliter.*

ALſo the ſame may be melted again, whereunto may be added Verdigreaſe to eat dead fleſh: alſo White-lead or Red-lead may be uſed to cool and heal, &c. which I leave to the Compounders of Plaiſters; but I know by conſtant experience, That this Oyntment and Plaiſters doe admirable things

things upon all occaſions, as well as any other Oyntments or Plaiſters which are ordinarily ſold in the Shops.

9. *Sinapiſmus.*

THis Muſtard Plaiſter is made after ſeverall forms, but for a plain way, Take equall quantity of ſharp Muſtard and black ordinary Sope, with ſtore of fine pounded Pepper to make it thick: If it be in Summer you may ad thereunto the pounded leaves of Spearwort, which growes in mooriſh grounds, and pound them altogether, and apply it to the place grieved. The leaves of Spearwort pounded will work the like effect: Alſo you may take ſix Cantharides flies, and pound them very fine, and make them to a thick Paſte with Vinegar and Leven of Bread; but never uſe any of theſe to above the breadth of ſix pence.

Although theſe things be made after a rude and plain manner, yet the ſame are cheap, and without offence to be uſed, which I leave to be made more curiouſly by the Apothecaries. Note.

CHAP.

Chap. III

1. Point. *We cannot live without daily food, and from that food there ariseth not only our nourishment, but also several superfluous matters, following, which are the principall causes of all diseases; which cannot be absolutely helped, although much mitigated by any temperate diet.*

1. HOW necessary our food is, every man knoweth; How it is our Portion, and Gods goodness in this life, see *Ecclesiastes cap.* 2. and *cap.* 5. And how miserable a mans life is without a good stomach to his meat, see *Ecclesiasticus cap.* 30.

2. That

2. That from the superfluities of that meat, after the concoction of it in our ſtomachs, there remains certain ſuperfluous matters, which are like barm upon drink, and froth upon the beſt boyled meat, is the generall opinion of Phyſitians: And that the ſame are the principall cauſes of all diſeaſes, which is plainly ſet forth by *Gratarolus* in his Chapter of Exerciſes.

3. That the increaſe of theſe Superfluities may be much mitigated by temperate Dyet and Exerciſes, as the opinion of all honeſt and godly men, whereof a man may ſee good directions in *Eccleſiaſticus, cap.* 31. But how impoſſible it is for a man by a ſtrickt diet, although he obſerves the Rules of *Leſſius*, to helpe this evill, a man may read at large in Doctor *Primroſe* his book of vulgar errors in Phyſick, *lib.* 3. *cap.* 3. *&c.* And many learned Phyſitians doe maintain, that there is leſſe danger in a little over liberall, than in an over ſparing diet; whereof ſee *Hippocrates* Aphoriſms, *lib.* 1. *Aphor.* 5. *&c*, and *Rantzovius*, and many others maintain the ſame, and *Lemnius de occultis* in many places

places maintaineth the ſame; in ſo much that he ſpendeth a whole Chapter to maintain, that after a light Breakfaſt, a man ſhall be more able to eat a more liberall Dinner; and there is good reaſon for it; for that when nature hath no food to feed upon, then it feedeth upon the corrupt humors, which breeds unrecoverable diſeaſes and a generall decay of nature, for want of ſuſtenance.

I leave this to every mans age and experience; but I finde it expedient for all men, rather to eat often ſparingly, than to eat much at uſuall meals, and eſpecially at ſupper.

CHAP.

Chap. IV.

In the ſtomach undigeſted meat, Fleagm and evill humors, from whence proceeds Choler and Melancholy, &c. and by conſequence the Stone, and many other Infirmities. 2. Point.

1. That after the diſpoſition of the meat in the ſtomach, there remains part of the meat undigeſted, it is too well known to moderate Surfeiters, and very often to foul and weak ſtomachs, and to old age: As for the time when the ſtomach hath diſpoſed of what it can digeſt, that is after ſleep; ſo *Hemmius* upon *Hippocrates* Aphoriſmes; and then a man muſt look to it, to remedy

medy himself or suffer great evils.

2. That superfluous matters doe arise after the concoction and digestion of our meat, hath been shewed before, *cap.* 3. That those matters are at first Flegme, which, being baked with the heat of the stomach, breed Choler, &c. and by consequence the Stone, is the generall opinion of learned Physitians; And *Vanhelmont* (a rare late Writer) describeth the same in many places, and shewech how the humors are not of such severall natures, as they are ordinarily distinguished, but originally are Flegme, and then baked to higher degrees, and get other names, as Choler, &c.

3. The seat of these humors are in the stomach, but principally in the mouth of the stomach, which is the principall seat of life, which *Vanhelmont* describeth excellently; where he saith, That in the stomach, but especially in the mouth thereof, as in the very center point and root, is evidently setled the beginning of life, of digestion of meat, and of the disposition thereof to maintain life, what then soever the Philo-

Philosophers (or Physitians) did talk or think to be of great moment concerning the heart, whether they will or no, they have made it common to the stomach.

4. Common experience shewes this to be true in very many men, who can neither eat or drink in the morning, but loath the same, and are troubled with waterish humors, but cannot get away the same with all their fasting and physick.

5. How to avoid these superfluous humors, is our great labour, for otherwise they are the occasions of diseases, as is said before; and besides that, while they are in the body, they make our bodies like unseasonable Vessells, which doe spoyl the good meat which we doe put in our stomachs for our nourishments, so that it cannot be well digested; which made *Hippocrates* to deliver the Aphorismes, *lib.* 2. *Aphor.* 2. *Corpora impura, &c.* That the more sustenance is taken into unpure bodies, the more mischief happens unto them. How far then doe they erre, who having foul bodies, doe endeavour to help themselves

selves with Candles and Cordialls before their bodies be cleansed, and made fit to receive the same?

6. Labour and Exercise have been accounted, and are the best ordinary means to wear out these corrupt humors, and to help digestion thereof, for which purpose *Rantzovius cap.* 9. and *Grator* in his Chapter of *Exercise*, have written much out of many Authors; yet for all that it must be with this Limitation (*Dum vires, &c.*) while youth and strength of body doth last, and before old age come, or the body groweth weak with Infirmities: And let a man be never so lusty and strong, yet nevertheless excessiveneese of humors in the body doe often kill the strongest and most laborious men, whereof we have daily many fearfull examples, which made *Rantzovius, cap.* 28. say well, That the retaining of corrupt meat in the stomach, is a strong destruction of the body; and *cap.* 50. saith, That the Plague it self cannot invade that man, who hath not corrupt humors. How farre then doe they erre, who think to weare out these humors

by

by fasting and exercise, when it may be quickly done otherwise, with so little labour and trouble as before, viz. 2 or 3. And hereafter, [illegible] I leave it to every mans judgement; and leave careless men to perish in their own negligent wayes.

7. *Lemnius de occultis* hath written a whole Chapter of the rattle which men have in their throats before they die, and ascribes it to the contractions of the vitall spirits, &c. and so it may be well enough; for that a man breath is stopped by flegme and undigested humors, which come from the mouth of the stomach into the throat, as well as the latter doth stop it outwardly.

8. When all means are tried to avoid both corrupt humors and corrupt meat in the stomach, vomiting of it up is accounted the best means by *Rondelius* and *Heurnius*, and many learned Physicians commend it exceedingly, and say that the Egyptians and Gallenus used it twice every moneth; and *Fernelius* saith, that it purgeth not only the stomach, but also all the other parts

Vomiting.

of the body, to the very heart. And finally, That as all ill humors doe come out of the stomach to disturb all parts of the body, by certain secret passages: So if the stomach be made clean by vomiting, the same corrupt humors return into the stomach again by the same passages, to be avoided by the ordinary passages of nature, which otherwise cannot be purged downwards; wherein a man may read it at large in *Rondeletius*, *cap.* 18. and *Fernelius* there, *lib.* 3. *cap.* 3. and *Parey* his notable book of Chyrurgery and Physick, and many others.

9. How dangerous it is to procure vomiting by the ordinary courts of Physick, I leave it untill you come to the eighth following point, *cap.* 10. But how to doe it otherwise with little or no offence or disturbance unto nature, and without observing of any curious diet, or hindrance to wean in his Vocations or Journeys; that is my principall labour, for which purpose I shall shew this safe and safe way following.

Remedy. 10. Whether it be a signe of health or

or sickness whatsoever you finde any ill disposition in the stomach, eat a convenient meal of what meat and drink you please, then walk a little while after it: Then sit down with your body bending, and thrust the said Whalebone Instrument into your stomach, stirring it very gently, which will make you vomit; then drink a good draught of drink, and so use the Instrument as oft as you please, but never doe this upon any empty stomach. Instrument.

11. To make the stomach more apt to vomit, and to prepare the humours thereunto before you eat and drink, Take the bigness of a Nutmeg, or more of the said Electuary of Cephis, &c. into your mouth; then take drink to drive it down; then eat and drink, and walk, and use the Instruments as before. There may be more or less of the said Electuary taken at any time before meat, as a man finds it to be most agreeable to the constitution and strength of his body, without any curious observance of diet or time, or hindrance for a man to go or travell about his business.

12. Some may think it strange to

procure Vomit with this Instrument,
rather than by Physick; but look upon
Chap. 18. and other books,
shall there you shall finde them, to di-
rect, what if a Vomit will not work,
how must help the same with putting a
feather into the throat; and many use
a Rosemary branch: but these things
doe not goe into the bottom of the sto-
mach to stir up the humors (as the
whalebone Instrument doth) which I
leave to every mans experience.

13. Many objections have been
made against this course, which never-
theless I doe not finde by experience,
that the same are of any weight, to al-
ter what is before directed.

14. As to that which Physick
books say, That vomiting more often
than twice a moneth is dangerous, and
may bring a man to an habit of vomi-
ting and to weaken the stomach, where-
unto I do agree, if it be done by Phy-
sick, whose operation is contrary to
nature, as I have said: But this way
I prescribe is natural, which may ap-
pear in little Children, who are at
Nurse, and are never accounted healthy

thy but when they vomit often. Also the Dog is taught by nature to vomit, and all manner of Monkies cast their castings every morning, otherwise they are not in health. And the Counsell in *Ecclesiasticus*, cap. 31. doth not extend only unto superfluity of meat, but also to superfluity of humours: and divers old Commentators of that place still use it, to extend the Counsel to help and strengthen weak stomachs.

Others say, what good doth the meat which is vomited up again, and that whosoever doe use it, have not the benefit of nature downwards? Whereunto I say, by experience, that all the meat doth not come up but part of it, which is in the upper regiment of the stomach, and doth carry with it the corrupt humors of the stomach, which doth swim upon the top of the meat, and nature being eased of that burthen, doth work the residue of the meat more freely downwards, which may be found by experience, and that nature draweth quietly the quintessence of the meat to the nourishment of the body, to avoid all corruptions, to keep the body & mind

minde shall be more strong and free for all occasions, and shall be with far lesse trouble, charge, and danger, than to doe the same by Physick.

16. In respect I have spoken so much of Vomiting, I will add the opinion of learned *Fernelius* there, where he saith, That if after a Vomit, the pulse being full and strong, pleasant sleep commeth easie, and free breathing, a good appetite, and the rest of the body lighter; then the Vomit is commendable, otherwise not, and very hurtfull: I leave the experience hereof to every mans judgement who useth it.

17. That although by vomiting, as aforesaid, a man shall avoid much thick flegme, yet by the often using of the said Electuary of Copias, &c. Although a man shall by ordinary coughing avoid great pieces of blew congealed flegme, which I could not see avoided by any other means. If a man will take a spoonfull of the said infusion of Tobacco in his morning draught of Ale or Beer, it will add much good for this purpose, without loth somness

sels or trouble to the body.

18. Lastly, I have often found, that if a man taketh from two spoonfull to twelve, according as a man findeth by experience to be agreeable to his age and constitution, of the said infusion of Tobacco, cap. 3. n. 4. and drink it in a cup with Ale or Beer, the same is very good vomit: And divers lately have made the like Infusion in Posset-drink; but I find no great difference in the operation thereof. Observe when it doth work to drink good store of Posset or other drink after it.

CHAP. V.

3. Point. *In the stomach Wind, from whence commeth the Wind-colick and Vapours, which disturb the head, and breed Head-aches, &c.*

THE principall cause of wind in the stomach is either undigested meat or undigested humors. Clear the stomach with vomiting, as before, and then you shall be clear from wind.

2. When a man is troubled with wind in the stomach, let him put the Instrument into his stomach, as before, a man shall finde great belching, and ease of the wind; and especially if a man take a little of the said Electuary of Cophie, as before, before you put in the Instrument, and then drink after it,

as

as before, and then use the Instrument without stirring of it, to procure vomiting.

Afterwards eat of the said Cordiall paste of Enulacampane, &c. *ut supra*, which is a plain cheap Cordiall, and is admirable good to comfort the stomach upon all occasions.

Note. There may Cordiall or powders may be added or mingled with this Electuary, with very good effect.

Because men cannot ordinarily have the said composition, I thought fit to add one thing more, made with great ease, and of admirable use, as well for the wind, as also to dissolve tough flegme and humors in the stomach, as also to comfort the stomach, that is, Take Enulacampane Roots dried, pounded, and sifted, mingle therewith as much Sugar as shall please your taste, to take away the bitterness of the roots: Then add thereunto a small quantity of pounded Nutmeg and Ginger: Ming'e all these together with a sufficient quantity of Sallet-oyl, Honey, or other pleasant syrope, to the thickness of an Electuary. Take into your

your mouth, from the bigness of a Nutmeg to the bigness of a Figge, every morning, or oftner at pleasure; then drink after it to wash it down, if you please; but if you will not drink, then this Cordiall will lie in the upper part of the stomach, and much comfort the same; but herein I leave it to every mans observation and experience, to observe what doth best agree with his own body.

5. I have also found good use of taking a spoonfull of powder of Nutmeg and Ginger, with a spoonfull of hot Water for that purpose.

CHAP.

Chap. VI

In the Guts stoppages of wind, and of digested excrements, which disturb the whole Body. 4. Point.

The Stoppage of Excrements in the Guts are the occasion of many evils. *Gratarolus*, *fol.* 180. saith, *All Physitians do agree, that health is principally preserved with keeping the body conveniently loose.* And let them all say what they will, unless the fore door and the back door of the body be kept open, as occasion serveth, the body will be quickly destroyed, with much reluctation and trouble. And how impossible it is to purge downwards, what is not first digested in the stomach, all men know, and Authors agree.

2. This maketh Physicians to be so ready upon all occasions, and sickness, to

to give Pills, Potions, and Glisters, &c. which are made of many and costly compositions, and require much observances of dyet, and aire, &c. but in the end breed infinite inconveniences, as may appear hereafter, *cap.* 10.

3. To spare all this cost and curiositie, whosoever will use the said Electuary of Cophie: And therein man may keep himself conveniently loose at his pleasure. But if a man be desirous for this Electuary to work stronger, then one may add thereunto a small quantity of *Sena Epithamum*, or Rubarb (which Physitians account to be safe Physick for old men, children, and women with child.) And then if a man take a pipe of Tobacco in the morning, he shall finde good use thereof.

4. In respect divers men are loth to take any Physick into their mouths, and especially little children are not able, when they are sickly and very pale with wormes, the said Suppositers, *cap* 2. *n.* 8. being taken from the Roll, and warmed in a man's hand, or by the fire, and used to what bigness a man pleaseth, but ordinarily to the big-

nesse

nels of the fore joint of your little finger, and cast it into cold water to harden; and after annointed with the said oyle of Tobacco, and use it at your pleasure, with good success. Although it be not a quick worker, yet the same brings no danger of the Piles or Ulcers in the Fundament, by often using thereof, as other Suppositers doe (but rather heal the same.) In the making of these Suppositers, Turpentine and powder of Commin seed, may be added to very good purpose for the wind.

5. If the same be used to little children it will much conduce for their health, and to avoid wormes, to have their bellies well annointed by the fire with the said oyl of Tobacco, when they use these Suppositers. *Note.*

6. If a man hath not a convenient loose stool, then let him put in another like Supposited presently. This may be used every morning, or at any other time, as occasion serveth.

7. As the Suppositers commonly used doe bring the dangers of the Piles and Ulcers, so Glisters oftentimes prove very dangerous, by working upwards

wards the clean contrary way, which Doctor *Primrose* confesseth: And when a Glister will not work, then they must have the help of a Suppositer, as *Wecker* confesseth.

8. In respect I have spoken so much of the use of Tobacco, to work upwards and downwards, let a man read Doctor *Primrose*, in his book of *Vulgar Errors in Physick*, who maintaineth the same, and also where he maintaineth, That if a Physitian prescribes a Vomit or a Purge, which works contrary effects, he ought to be blamed, by reason of some inward and unknown causes. And for the admirable use of Tobacco taken inwardly, or used outwardly, a man may read many excellent things in *Wickers Antidotary*, in so much as he calleth it the *Panacea*, or generall remedy for all diseases and griefs, besides the excessive taking of it in smoak, which I leave to the censure of *Democritus* junior: Besides that, it doth over heat the body, and bake the undigested humors in the mouth of the stomach to the destruction of man.

CHAP.

Chap. VII.

In the urinary passages, stoppages of wind, and all moist things, wherewith we nourish nature, which breeds the Stone and the Stranguria, &c.

5. point.

1. S the Stone proceedeth from the said corrupt humors, so the vomiting thereof doth much conduce to stay the growing thereof. Also if you make a Tosse of manchet bread, with Salet-oyle, and then tosse it again with hony, and eat it, and drink a good draught of Beer or White-wine after it. The constant use hereof is very good to preserve a man from the Stone, as I found by many experiences.

2. I have spoken so much before con-

concerning the means of vomiting and purging, and how variously the same doe conduce to preserve a man from the Stone, that I need not say any more thereof: Yet I must once again, upon certain evidence, say, That the often using of the said Electuary of *Cephi*, and Tosts, doth exceedingly conduce to the help and cure of the Stone; together with a temperate diet, but especially at Suppers.

3. I have heard lately from men of good credit, That there is an excellent remedy for the Stone in the Kidnies, by drinking of the liquor in the Tanners pits; and for the Stone in the Bladder, by using of the same liquor there with a Syringe: which I leave to further Experience; and will not trouble my self with it, while I may drink good Ale, &c. and help my self otherwise, as aforesaid.

CHAP.

Chap. VIII.

In the Veins, and other parts of the body, are corrupt humors, which Nature draweth with the Quintessence of our food for maintenance of the several parts of the body; from whence commeth the Gout, and Infirmities in the Eyes, and other parts of the body; which when strength of nature cannot expell outwardly, then the same return upon the inward noble parts to destroy Man. 6. Point.

1. THAT those humors come out of the Stomach to the severall parts of the body, and that those humors return to the Stomach again, to be avoid-

ed by the ordinary passages of nature, and especially by vomit, doth appear, by that which is before spoken.

2. The Gout is the principall, and reputed unrecoverable Disease, which commeth from those humors, and runneth up and down into severall parts of the body, to seek some vent to get out of the body: In which case, although I will not presume to say, that the Gout can be absolutely cured, yet I dare say, that it may be much eased, so that a man may live long, without much trouble of that disease.

3. Although vomiting is the principall means to avoid the matter of the Gout, as aforesaid; yet there be other outward means to draw the goutie humor which remaineth in the Joynts; which may stand well with *Hippocrates* his Aphorism, where he saith, that *where Nature swelleth, and offereth to vent it self, there it is to be avoided in convenient places.*

4. Many be the wayes and means which are prescribed in physick books: But that which, after many experiences, I found best, is, to apply a Sinapismus, or Mustard

Mustard plaster, as before; and that before and afterwards to apply one of the Dropaces, or pitch plaster, as *cap. 2. numb. 7.* which the learned *Heurnius* in his Method doth commend exceedingly; and doth much condemne the neglect thereof; which he thinketh to be for no other cause, but because it is cheap.

5. It must be applyed in convenient places, as I cited before out of *Hippocrates*. Which places I found to be most convenient, and with lesse offence (are these, that is) If the pain be in the Feet, between the great and little Toes, where the Toes doe part: If in the Heel or Ancle, to the sinews of both sides of the Shinne bone, over against the lowest part of the Calf of the Legge: If in the Knee or Legge, a little below the Knee-panne, and, as before, by the Calf of the Legge: If in the Fingers, upon the back of the Hand, between the Fore-finger, and Little-finger, where the Fingers part: If in the Wrist or Arme, to the inner part of the Wrist: If in the Neck, &c. then to the Nape, or hinder part of the Neck.

6. This Muſtard plaiſter is to be uſed in this manner. Firſt, a convenient large Plaiſter made of Frankincenſe, Pitch &c. as before, is to be applyed to one of the ſaid places, for at leaſt ſix hours; Then make a leſſer Plaiſter of about an Inch, and not above two Inches in breadth, of the ſaid Muſtard Plaiſter; and apply it to one of the ſaid places, as occaſion ſhall require: let the ſame ſtay there for about eight hours, until the place bliſter and grow red: then take away the Muſtard Plaiſter, and lay the other Plaiſter thereupon. If the place doe bliſter, prick the ſame, to let out the water. Take this Plaiſter from the place applyed, once every twelve hours, or oftener: Waſh the place affected, and Plaiſter, and ſo continue the ſame untill the place doth heal. Thus I have ſeen it often uſed, and never miſs admirable effects; and without this courſe I have found all to be labour in vain.

7. Although men generally conceive the Gout to be only a wateriſh humor, yet, by the uſe of the means aforeſaid, I have drawn out of the Feet and Hands, humors of the thickneſſe of white of Egges;

Egges; and when it had ſtood a quarter of an hour, it grew to be a ſubſtance like leather; ſo that I could ſcarce tear it with the ſtrength of both my hands: which I verily beleeve is the humor which congeals in the hands, and makes crooked and knotty hands.

8. Although this will draw the waterish and ſalt humors out of the joynts; yet there is an eaſie convenient way to draw it out of the Stomach, to prevent it from coming to the joynts, (that is) Take about the bigneſſe of a Nutmeg of the ſaid Electuary of Cophie, as before, every morning when a man is riſing out of his bed: Then take into your mouth about an Inch in length of the ſtalk of a Tobacco leaf well dryed, and a little Cinnamon, to take away the loathſome taſte thereof; which will draw the Rhume out of the mouth; and as it doth moiſten, bite it; and ſometimes a little of the juice of it may be let into the Stomach; and then drink ſome drink to drive it down: This a man may doe while he is putting on of his clothes, and oftener, as a man findeth it to agree with his body, with-

out offence. But Tobacco leaves or the ſtalkes thereof, undryed are loathſome and troubleſome, howſoever the ſame are preſcribed by *Wecker's* Antidotaries. I have known ſome being troubled with the Pox, have received great benefit by often drawing of wateriſh humors with Tobacco, &c. as before: But I leave them to Mother *Cornelius* Tub.

9. I doe know that there are Infinite numbers of Bathes and Pultices preſcribed for the Gout; but I have often found, that boyled Turnips made to a Pultice, and the water wherein they were boyled for a Bathe, will ſerve as well as any others. Look more thereof *chap.* 11. *numb.* 20. the end thereof.

10. Alſo I have found a very good Pultice, by beating of the white of Egges to a froth; and then to mingle therewith ordinary Soap, and apply it to the grieved place. But if any skinne be broken it will burn, unleſſe one of the Pitch Plaiſters be laid on the place under the Pultice.

11. Alſo if there be any ſwelling or heat, after theſe Plaiſters, take greene Hemlock

Hemlock and Vinegar pounded to green ſauce, and binde it to the place, or lay the leaves of Burres under the ſaid Pitch Plaiſter, to the place grieved.

12. He that will not uſe theſe means to draw the humos out of the body, but repercuſſive means to drive the ſame back into his body, may ſhorten his dayes, and breed many diſeaſes, as I have known it to happen often times. *Note.*

13. Alſo the malignancy of theſe humors may be known by this; For by the ſaid application for the Goot I have often ſeen, That beſides abundance of wateriſh humors, and thick humors drawn out, as aforeſaid, of ſeverall parts of the body, but eſpecially out of the Knees, there came out thence an exceſſive heat, with much ſmoak, as if it were out of a boyling pot.

Chap. IX.

7. Point. *Exceſiveneſſe of heat and cold in ſeverall parts of the body, which breeds Agues and Feavers; So that a man cannot eaſily help the one, without offending of the other.*

1. THIS is a ſtrange thing, but commonly ſeen, as in Agues, when a man hath ſometimes an hot fit, and ſometimes a cold fit, with little intermiſſion of times. And men commonly complain that they have a hot Liver and a cold Stomach. Doctor *Primroſe* hath handled this Queſtion among the vulgar Errors in Phyſick; and makes it plain,

plain, that although the Liver be alwaies hot of it self, which over heateth the bottom of the ſtomach; yet the ſtomach is cold by accident, by reaſon of the noiſome humors, like barm or froth, which come into the uppermoſt part of the Stomach, by evill digeſtion.

2. There be many Julips and curious medicines preſcribed by Phyſitians to remedy this evill; and eſpecially in burning Feavers; and theſe are of great uſe. But to ſpare much trouble herein, In hot diſeaſes, and upon ſurfeits, let a man drink oftentimes great ſtore of cold water, and eat a convenient quantity of Broth, Bread, and Butter, and Cheeſe, and then vomit with the Whalebone Inſtrument, as before. A man ſhall thereby avoid the corrupt humors in the Stomach; and then a man ſhall quickly avoid theſe Infirmities, and bring the body to a good temper; after which a man may drink ſtrong drink, and wine, &c. with little offence.

3. I have known ſo much good done to all men of all Ages, who would firſt in the morning drink at leaſt half a

pinte

pints of cold water; whereunto Sugar may be added, together with the juice of Oranges and Lemmons, to make it pleasant. That I must say, that I never found any thing of more use for the health of man; but I am afraid I labour in vain, in respect that most men doe abhorre it, as present poyson (as Doctor *Primrose* saith,) yet he sheweth the excellency thereof, by many experiences, and the authorities of many ancient and modern learned Authors. For all this I have found many Doctors of Physick (with whom I have conferred hereof) to speak much against it, wherefat I doe not much marvail; for that, if that be practised, which I have alledged in this Chapter, there will be little use to be made of their Physick, and of the Shopps of the Apothecaries.

4. I must adde one thing more for the use of Good-fellows, who use much drinking, &c. Let them first drink cold water, as before, to cool their Liver, and bottome of their Stomachs: Then the drinking of Strong drink, &c. will comfort the upper part of their Stomachs; and much hinder the vapours, which

which fume up to their heads, from the excessive heat of their Stomachs: And their drinking of water after the taking of Tobacco is very good.

5. I have known divers men doe swallow small white pibble Stones, to cool the heat of their Stomachs; which I conceive to be in imitation of long winged Hawks: I have used the same my self, and they doe passe thorough a man downwards; but I found little benefit thereby.

6. I have known others that used to swallow small bullets of Lead; which giveth me occasion to report a strange history, which I know to be true. An old Souldier, and a Commander in Queen *Elizabeth's* time, in the low Countries, was drinking of healthes amongst his Companions, and at every health he did drink a Pistoll bullet, to the number of eighteen; which continued in his belly for neer the space of two years, with much pain and grief: He acquainted a Physition with this case, who did hang the Souldier by the Heels, by a beam in the Chamber; and then all the bullets dropped out of his mouth

mouth again; but the ſame were ſomewhat worn in his Belly. This Souldier is yet living, and in good health, and about fourſcore and ten years of age.

7. I have ſpoken ſo much of the cooling of the Stomach, that it may be expected I ſhould write ſomewhat of warming of cold Stomachs: But I finde every man ſo ready to take Tobacco, and to drink Wines, and ſtrong drinks, that I need ſay no more thereof; But, as I have ſaid before, ſo I ſay ſtill, keepe the Stomach clean, with the ſaid Whalebone Inſtrument, when you finde any diſturbance or loathſomneſſe therein: And keep the lower parts conveniently looſe, with the ſaid Suppoſiters: And draw out the humors which trouble the outward parts, with the ſaid Plaiſters, &c. And keep the body in a temperate heat, as before; and avoid intemperancy in dyet; then there will be little uſe of Phyſick.

CHAP.

Chap. X.

When Nature by reaſon of age, or ſome other accident, faileth to expell theſe evils, although Phyſick may doe much to take away the enemies of nature, yet the ſame alſo taketh away the vitall ſpirits, to the deſtruction of Man; So that means muſt be found otherwiſe to doe the ſame. 8. Point.

1. I Know divers have carpt exceedingly againſt all Phyſitians, and their whole profeſſion and Medicines, whereof a man may read much in *Cornelius Agrippa, de vanitate Scientiarum*, and *Democritus Junior*, and many others cited by him, and the late booke

of

of Mr. *Biggs*, intituled, *The vanity of the Craft of Physick*. But I much honour and admire the skill and knowledge of such of them as are honest and learned.

2. As for Emporiques, Mountebanks, Quacksalvers, and the like, every place is too full of them, which will cure all diseases with one Antidote. Dr. *Primrose* hath well discovered the Errors of the People concerning them, &c.

3. That the common course of purgative Physick is dangerous, by reason of the venemous qualities of the Medicines, appeareth by that which is said before, and by the authority of *Fernelius* and *Rantzovius*, and all modest Physitians: And the often use thereof is very inconvenient, as those Authors, and Doctor *Primrose* ingeniously confesse: And that when ordinary Physick faileth, the best way is to leave the patient to God and Nature.

4. What infinite number of Medicines, and what strange compositions are for every disease, & with what costly materials the same are made, every

man

man may see in *Weckerus* his *Antidotarium Basiliense*, and divers others dispensatories; besides a great deal of curious observations must be used at the taking thereof.

5. What diversities of opinions there are about the compounding and administring of these Medicines, and the ordering of the patient to use them, whether they be naturall things, after the form of the Galenists, or Chimicall, after the prescripts of the Paracelsians; or mixt, as Doctor *Primerose*, and the wiser sort conceived, there are as many controversies amongst them, as there were ever between the Pope and *Luther*, about matters of Religion. Then what shall the poor sick patient doe, especially if there be a Colledge of such Physitians called to consult about this desperate case, but stand quaking like a poor condemned prisoner at the barre, expecting to have his finall Judgement, to be sent to the place of execution.

Chap.

Chap. XI.

9. Point. *Additions of severall intervenient Remedies for most parts of the body.*

Head. 1. Or Scabs and Lice in the Head, rub the scabby place with the said infusion of Tobacco.

Eyes. 2. For sore or decaying Eyes, take fine Linnen clothes, and moisten them in the said infusion of Tobacco, and binde them to your Eyes, as you are going to bed, for the space of five or six nights, one after the other. I have known very many, who were almost blinde, cured in a short space by this means; and never any missed.

3. There happened a strange cure to a Servant of mine, who was stark blinde for three quarters of a year, which I thought meet to discover. As he was led by

by his wife (a poor woman) wished her to breath often in the morning fasting in both his eyes by turns, one after the other, which she did accordingly; this made him to have a great itch in his eyes, which made him rub his eyes often, and with his nayles he drew some slime out of his eyes; so that at three dayes end he began to see, and shortly after he perfectly recovered his eye-sight. This was about twenty yeers past, and he is now perfectly well and of 66. yeers of age.

4. If a man will take a linnen ragge, or brown paper, and moisten it in the said infusion of Tobacco, and put it in his nose, & draw his breath upwards, it will purge the head and eyes; and if there be any Ulcers in the Nose (as most men have, who are troubled with the Poxe) it will much help them. *Nose.*

5. If a man doth bleed over much at the Nose, let a man stand behinde the party troubled, and with both his thumbs presse hard both sides of the upper part of the back-bone upon the neck, it will presently stopp the blood. *Eares.*

6. For deafnesse and noyse in the

Eares, drop the said Oyle of Tobacco *cap. 2. n. 7.* into the Eares often, but especially at your going to bed: Stop them with a Paste made of Figgs and Mustard-seed pounded, and sifted, and mingled with the said Oyle, which being used without the Oyle will be troublesome; and be sure to keep your Eares very warm with a Cap.

Teeth. 7. Although I doe not know any present cure for the Toothache; yet I say, that whosoever will use the stalks of Tobacco as before, it will doe him much good, and be a great occasion to fasten the Teeth: also if the said *Sinapismus*, and Pitch plaister be applyed behinde the lower part of the Eare, it will doe much good.

Head-ache. 8. The Headache commeth principally from the fumes of the stomach, whosoever will cleer the Stomack as before, but especially use to drink water in the mornings, and before meals as before, it will be a principall means to keep a man from the Head-ache.

Throat. 9. He who will use to drink cold water as before, it will preserve him from the Toad-evill, and especially before

before drinking of Wine, &c. And then Wine and ſtronge Drinks will be leſſe offenſive to a man.

10. I know ſome that have lain ſick of the Small-pox, and their breath almoſt ſtopped; yet by the uſe of the Whalebone-Inſtrument, as before the blifters of the Pox were broken in the Throat, and they vomitted and were cured.

11. One was in a deep Conſumption, and when all Phyſick failed, by uſing the Whalebone-Inſtrument as before, there was an Impoſthume broken in the Stomach, and the party perfectly cured, after many Phyſicians had given him over.

12. It often happens that men have great Ache in Bones cloſe by the Throat, and in the upper part of the Back-bone by the Neck, and ſometimes Lice come out of the ſame, if the ſaid Pitch-plaiſters be applyed thereunto, it will draw much water therehence, and cure the ſame.

13. I have ſeen Wennes in the Throat, and the Kings-Evill often cured, with the application of the ſaid

Pitch-plaister, mingled with Verdigrease without breaking the skinne.

Belly and Guts, &c. 14. I have known many Children very sick of the Worms, unto whom some of the infusion of Tobacco was given in drink, and their bellyes were annoynted with the said Oyle of Tobacco, holding them to the fire, and then using the said suppositers, whereby they avoyded great store of Worms and were perfectly cured.

Winde. 15. For the Winde in the Stomach, look before *cap.* 5. But for the Winde in the Guts, the said Suppositers mingled with powdered Cummin-seed, is an admirable remedy for it.

Knees and Legs. 16. It is a common evill to old age to have weake Knees, especially when men doe ride in cold weather: For remedy whereof let a man have a Plaister made of the said Pitch-plaister, applyed to cover the Pans of both Knees, and continued, which will doe very much good.

Legs. 17. It is a common evill to have Ulcers and Cankers in Legges, especially in old age, for remedy whereof, keep the Stomach clean as before, and the u-

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fing of the Tobacco ſtalks as before, will doe much good: But for outward applications, let linnen cloth be made wet in the ſaid infuſion of Tobacco, and apply it to the ſore place: I have known ſome have the Fleſh conſumed from the Bones, and the Bones ſcraped with a Knife, and being very old, yet cured by this means, and the Fleſh reſtored again.

18. For the Gout in the Feet, I refer it to what hath been ſpoken before: But for a common pain which men have in the bottome of their Feet, whether they have the Gout or no, let a man lay to the ſore place one of the ſaid Pitch-plaiſters, and then put in his ſhoes the warm water wherein powder Beef, or Cow-heels were boyled, or Tobacco and Ale or Urine well boyled, and wherein ſtore of Bay-Salt is diſſolved, and let him walk as well as he can, he ſhall finde very much good; ſo that the Shoes be big and large: I have ſeen more by the uſing hereof; than by any Baths or Oyntments, or any other outward means, ſaving the drawing out of the humor as aforeſaid. *cap.* 8. *Feet.*

19. Some may queſtion, whether

the having of the Gout, be a great means to cure all diſeaſes: I will not preſume to decide the queſtion, but ſay, that I have found much benefit thereby, with little trouble, and leave every man to his own ſenſe; for whereas I had preſerved my ſelf from the Gout, for above one yeer, partly by Repercuſſive Medicines in my Shoes, and partly by Attractive Remedies in drawing the humors into my mouth as before: In the end I had a great noyſe and deafneſs in my Eares, paine, and ſtrange dreams in my ſleep, much diſturbance in my Stomach, great heat and itching over all my Body, &c. But when the Gout came again upon me, I was cleered from all theſe evills; ſo that I might ſay, (*Silentia cuncta tranquilla ſunt omnia*) ſaving, that when I had the Gout again, I did quickly and eaſily rid my ſelf thereof, by drawing out the humors as I have before declared, which makes me believe that theſe humors were vented from all parts of the Body, as men doe uſually draine Quagmires.

20. Laſtly, ſeeing I have ſpoken ſo much of this diſeaſe of the Gout, to be a generall

generall cure, for all other diſeaſes, I think meet to add ſomewhat concerning what dyet a man ſhould uſe, when he hath the Gout. Before a man hath the Gout, a temperate dyet is beſt to preſerve a man from it, but eſpecially to avoyd the moderate uſe of ſtrong ſharp Drinks and Wines, hot Spices, ſalt Meats, Tobacco, &c. But when a man hath the Gout, and is deſirous to be rid thereof quickly, a man may make a more liberall uſe of theſe things, which will urge nature to make more ſpeedy vent, of the corrupt humors, from all parts of the Body, into ſome outward part of the Body, to be drawn out by outward applications as aforeſaid, this may ſeem to be a Paradox, but conſtant experience hath made me to preſume to write ſo much: and then whether it be better to endure a little pain and labor for a ſhort time, which bringeth ſo much good to all the Body, and as I conceive prolongeth health, or to leave the Body to be continually troubled with languiſhing diſeaſe, and to run up and downe to the Baths, Phyſitians, and Apothecaries, to their great charge

and

and expence, I leave it to every mans judgement; and for a mans better satisfaction herein, he may read the witty & eloquent Apologie of learned *Rilibaldus* in praise of the Gout.

Conclusion. Thus I have made an end, of shewing a great part of the miserable case of mens Bodies, which comes to them by unavoydable course of nature, with shewing my well wishes to remedy the same, hoping that this may move some honest and learned Phyſitians to make more additions of more Artificiall Medicines thereunto, for relieving of mens miseries in those cases: But I am afraid of another greater misery, spoken of by the learned Phyſitian in his Preface *Gratarolus*, wherein he doth much lament the miserable negligence of mankinde, who never-thinks of the preserving of health untill it be too late, after the losse thereof: And for my part I shall end with that honest wish (*Optandum est ut sit mens sana in corpore sano*) that in every man there may be an honest and sound Soul in a sound Body: And so we shall all make a good end.

FINIS.